

# 2009 Summer Swim Schedule

& Phalen Outdoor  
Adventure Day Camp



## Saint Paul Instructional Sailing Program

at Phalen Lakeside Activity Center

Classes from beginning to more experienced sailing levels. Check out our web page for more info or call 651-642-0650 Ask for Aquatics

[www.stpaul.gov/parks](http://www.stpaul.gov/parks)

Highland Park Aquatic Center • Great River Water Park • Phalen Park Beach • Phalen Day Camp • Como Park Pool is CLOSED for the season



## Saint Paul Parks and Recreation

City of Saint Paul  
Division of Parks and Recreation  
50 West Kellogg Blvd. – Ste. 8D  
Saint Paul, MN 55102

*Christopher B. Coleman, Mayor*



This is a  
**Sports Illustrated**  
50th Anniversary  
**Sportstown**

**It Starts  
In Parks!**

**ST. PAUL**  
selected No. 1 in  
Minnesota



## Saint Paul Parks and Recreation Guide to Aquatic Programs & Activities

### Welcome to the Saint Paul swimming program!

Let the summer season begin. During the summer, the City of Saint Paul operates Phalen Park Beach, Highland Park Aquatic Center and Great River Water Park. Inside this brochure, you'll find information on summer aquatic programs, including swimming lessons, open swimming and our Children's Outdoor Adventure Camp.

We've organized our brochure to make it easier for you to find the information you need. You'll find calendars for each of our swimming facilities so you can check dates and times for your favorite programs. Keep our brochure in a convenient place for at-a-glance information.

### Pool Rental

**Great for Birthday Parties, Family Gatherings, Church Events and More!** In addition to our standard programs, Great River Water Park and Highland Park Aquatic Center are available for private rentals.

### Get Fit for a Buck Days!

The City of Saint Paul invites you to swim for a dollar at all of our pool facilities on these days: Sunday, June 14, Sunday, July 19, and Sunday, August 16.

The beach and Highland are open weekends May 23-25, May 30-31, and June 6-7. Highland Aquatic Center and Great River Waterpark are open for the season June 10 through Labor Day, September 7th, 2009. Phalen Beach is open for the season June 10th through August 23rd, 2009.

**Como Park Pool is closed in 2009 for reconstruction.**

### On-line Registration and Season Pass Info Fast and Convenient at <http://www.stpaul.gov/parks>

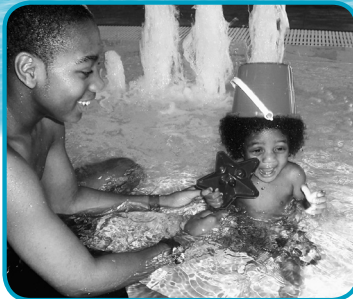
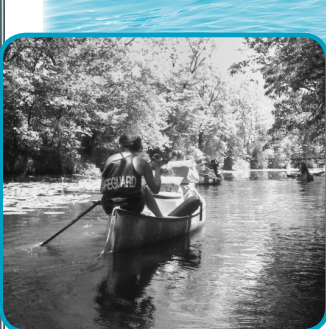
Access the web site from your home computer or use one of the available computers at your local public library. The web site contains clear, step-by-step instructions. You can still register by mail or on-site, but we urge you to try our new and improved system.

**To register for Aquatics Programs online follow these steps:**

1. Go to [www.stpaul.gov/parks](http://www.stpaul.gov/parks)
2. Click on "Aquatics" along the left hand side
3. Click on "Registration"
4. Click on desired location to view available programs

Use it to:

- Register for swimming lessons, sailing lessons and day camp
- Sign up for the competitive developmental swim team



Equal Opportunity is for Everyone. This program receives Federal funds from the U.S. Department of the Interior. Accordingly, all of its public programs and activities must be operated free from discrimination, on the basis of race, color, national origin, age or handicap. Any person who believes he or she has been discriminated against or who would like further information regarding the prohibition of discrimination should write to:

Director, Equal Opportunity Program, National Park Service  
P.O. Box 17127, Washington, D.C. 20013-7127



# GREAT RIVER WATER PARK

Lexington Parkway & Marshall Avenue • 651-642-0650

Summer Schedule starts June 10th • Fall-Winter schedule starts September 8th

*Welcome to the exciting Great River Water Park*

Come enjoy playing in our Children's activity area with age-appropriate water slides, rope climb area and water play features. Don't forget to find our sleeping bear! We also have two water slides for older children

that twist and turn outside of the Center and return back inside. We still have lots of room to swim in our indoor 8-lane pool with drop slide and diving board. Don't forget Snappy the Turtle! Hungry? Check out the new concession food area right inside the pool for your convenience.

## FEES:

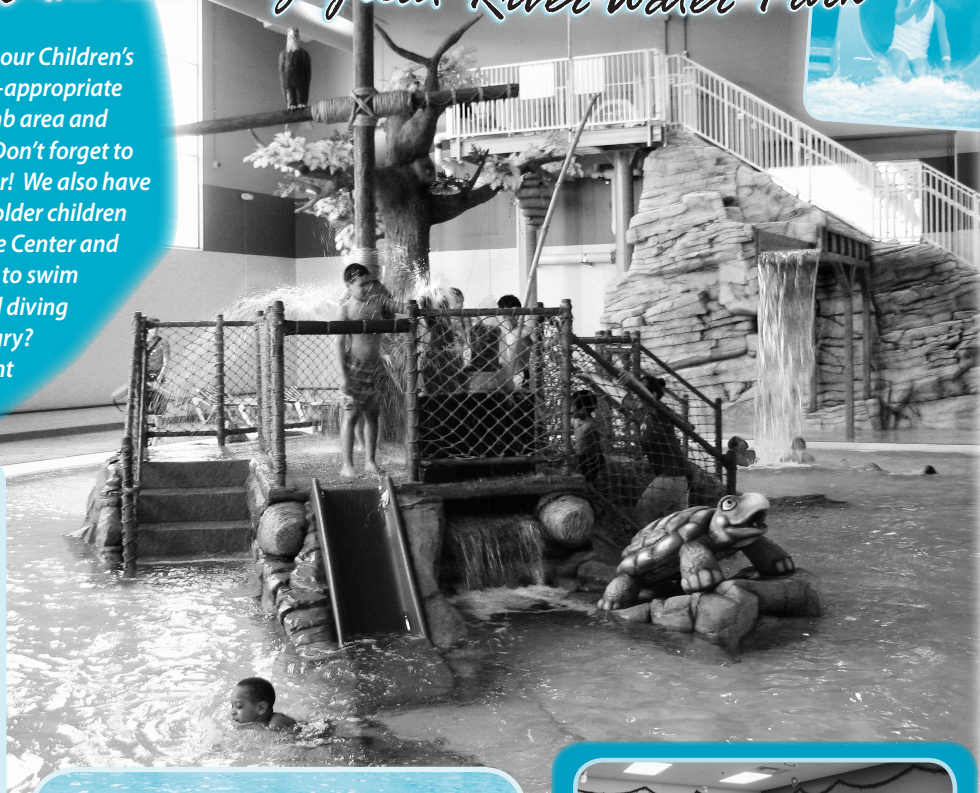
- \$ 4.50 Youth (Under 48")
- \$ 5.00 Youth (16 and under)
- \$ 6.50 Adult
- \$ 6.00 (62 +)
- \$16.00 Family (5 Members)  
(\$3.00 ea. add. person)
- \$2.00 Non-swimming Deck Fee

## Group Rate (10+)\*

- \$ 4.00 Youth (Under 48")
- \$ 4.50 Youth (Under 16)
- \$ 6.00 Adult
- \$ 5.50 (62 +)

\* Groups of 25+ must have reservation  
No checks for daily admissions

See Parks website for season pass pricing [www.stpaul.gov/parks](http://www.stpaul.gov/parks)



## Pool Parties

Birthday Party room available pool side; please see web page for more information or call center for reservations. Call 651-642-0650

## GREAT RIVER WATER PARK • WEEK AT A GLANCE

	M	T	W	Th	F	Sat	Sun
MORNING	Lap Swim 6:30 am – 9:00 am						
	Water Aerobics 8:00 – 9:00 am		Water Aerobics 8:00 – 9:00 am				
	Swim Lessons: Sessions 1, 2, 3, 4, 5 9:00 am – 12:00 pm Start on the hour, 50 minutes per session					Water Aerobics 10:00 – 11am	
	Open Swim 12:00 pm to 5:00 pm					Lap Swim* 11:00 – 12 noon	
AFTERNOON	Lap Swim 5:00 – 6:20 pm	Water Aerobics 5:00–6:00 pm	Lap Swim 5:00 – 6:20 pm	Water Aerobics 5:00–6:00 pm Lap Swim 5:00 – 6:20 pm	Lap Swim* 5:00 – 6:20 pm	Open Swim 12:00 noon to 7:00 pm	Open Swim 12:00 noon to 5:00 pm
	Open Swim 6:30 pm – 8:00 pm		Open Swim 6:30 pm – 8:00 pm	Adapt Rec 6:30 pm – 8:30 pm	Open Swim 6:30 pm – 8:00 pm		

\* The Children's Activity Pool and slides are also open Monday through Friday during lap swim times.

## Great River Lessons & Times

**Daytime Classes:** Sessions 1, 2, 3, 4, 5  
9:00 a.m. to 9:50 a.m.  
10:00 a.m. to 10:50 a.m.  
11:00 a.m. to 11:50 a.m.

## Fin Buddies:

**Daytime Sessions 1, 2, 3, 4, 5**  
11:00 a.m. to 11:50 a.m.

## Evening Classes

**Fin Buddies: Sessions 6 & 7**  
5:00 p.m. – 5:50 p.m.

**Fin Buddies: Session 8**  
6:00 p.m. to 6:50 p.m.

**Junior Lifeguarding:**  
Sessions 1 & 3  
9:00 a.m. to 9:50 a.m.



# HIGHLAND PARK AQUATIC CENTER

1840 Edgumbe Road • Montreal Avenue and Edgumbe Road • 651-695-3773

Open preseason on the following weekends:  
May 23–25, May 30–31, and June 6–7  
Open daily June 10 – Labor Day, September 7

Welcome to

*Gertie's Sea Castle Bay!*

Come play with Gertie the Guppy in the Children's Activity Pool that features children's slides, interactive water geysers, turtle rain forest, and a water basketball court. Cool off on our prehistoric whale bone splash pad, or challenge yourself on the state's first aquatic climbing wall in our diving well that also features two 1-meter diving boards & two drop slides. Just looking to swim then hop into our Olympic size swimming pool.



## Amenities are Available for Rental

Six Picnic Sun Shelters are available for Birthday Parties and Group Rentals. Located within the Aquatic Center area, sized for groups up to 30 people. More than one shelter may be needed for larger groups. Discounted Party Packages available with rental (food/admission), please contact the Center directly at 651-695-3773.

## FEES:

\$ 4.50	Open Swim	Children (12 & Under)
\$ 5.00	Open Swim	Youth (13-16)
\$ 6.50	Open Swim	Adults
\$ 6.00	Open Swim	Senior (62+)
\$ 5.00	Lap/Aerobics	
\$16.00	Family (5 Members)	(\$3.00 ea. add. person)
\$ 2.00	Non-swimming Deck Fee	

**No checks for daily admissions**

See Parks website for season pass pricing:  
[www.stpaul.gov/parks](http://www.stpaul.gov/parks)

## Highland Park Aquatic Center Lessons & Times

### Daytime classes:

#### Sessions 1, 2, 3, 4, 5

9:00 a.m. to 9:50 a.m.  
10:00 a.m. to 10:50 a.m.  
11:00 a.m. to 11:50 a.m.

### Fin Buddies:

#### Session 1, 2, 3, 4

11:00 a.m. to 11:50 a.m.

### Beginning Springboard Diving

#### Sessions 1, 2, 3, 4, 5

10:00 a.m. to 10:50 a.m.  
11:00 a.m. to 11:50 a.m.

### Junior Lifeguarding

#### Sessions 1 and 3

9:00 am to 9:50 am

### Developmental Swim Team

Mon., Wed. & Thurs., June – August  
Time: 9 a.m.–10 a.m.  
Daytime coached practice

### Sessions A, B, C and Fees

**A:** (\$32) June 10-30, M, W, Th  
**B:** (\$49) July 1-30, M, W, Th  
**C:** (\$32) Aug. 3-20, M, W, Th

## Saint Paul Swim Classic

Children's Activity Pool is open at this time, but Highland Diving Well and main pool will close June 26th at 6:30 p.m., and all day on June 27th and 28th. For information on competitive swimming, call STAR Swim Club at 651-704-0024.



## HIGHLAND PARK AQUATIC CENTER • WEEK AT A GLANCE

M	T	W	Th	F	Sat	Sun
Swim Lessons: <b>Sessions 1, 2, 3, 4, 5</b> 9:00 am -12:00 pm Start on the hour, 50 minutes per session				Lesson makeup (if needed)	STAR Swim 8-10	
Develop. Swim Team 9:00 -10:00 am		Develop. Swim Team 9:00 -10:00 am	Develop. Swim Team 9:00 -10:00 am		Water Aerobics 10:00 - 11:00 am	
Water Aerobics 10:00 am –11:00 am						
Beginning Springboard Diving <b>Sessions 1,2,3,4,5</b> 10:00 am and 11:00 am (Start on the hour, 50 minutes per session)					Lap Swim 11-12 noon	
Open Swim 12:00 pm to 5:00 pm					Open Swim Sat - Sun 12 noon - 7 pm	
Lap Swim* 5:00 pm – 6:20 pm	Water Aerobics 5:00 pm - 6:00 pm Lap Swim* 5:00 pm - 6:20 pm	Lap Swim* 5:00 pm – 6:20 pm	Water Aerobics 5:00 pm - 6:00 pm Lap Swim* 5:00 pm - 6:20 pm	Lap Swim* 5:00 pm – 6:20 pm		
Open Swim Monday – Friday 5:00 pm to 8:00 pm *						

\* The Children's Activity Pool and Diving Well are also open during lap swim. The Children's Activity Pool will be open during the Star swim meet; regular pricing applies.



# SWIM LESSON REGISTRATION

*Register early. Lessons fill up fast!*



Before you register, please refer to Skill Level Description and Pool Calendars, then follow the instructions on the enclosed Registration form.

Session	Session Location	Session Dates	Mail-in Deadline	On-site Registration
1	Great River Highland	Jun 15 – Jun 25, Monday – Thursday	June 5	June 12 10:00 am -12:00 pm
2	Great River Highland	June 29–July 9, Monday – Thursday	June 19	June 26 10:00 am -12:00 pm
3	Great River Highland	July 13 – July 23, Monday – Thursday	July 3	July 10 10:00 am -12:00 pm
4	Great River Highland	July 27 – Aug 6, Monday – Thursday	July 17	July 24 10:00 am -12:00 pm
5	Great River Highland	Aug 10 – Aug 20, Monday – Thursday	July 31	Aug 7 10:00 am -12:00 pm
6	Great River (PM session)	June 16 – July 9, Tuesdays and Thursdays	June 5	June 12 5:00 pm-5:50 pm
7	Great River (PM session)	July 14 – Aug 6, Tuesdays and Thursdays	July 3	July 10 5:00 pm-5:50 pm
8	Great River Water Park	June 16–Aug 4, Tuesday evenings	June 5	June 12 6:00 pm-6:50 pm
<b>Developmental Swim Team</b>				
A	Highland	June 10 – June 29, Mon, Wed, Thurs	May 22	June 5 10:00-11:00 am
B	Highland	July 1 – July 30, Mon, Wed, Thurs	June 19	June 26 10:00- noon
C	Highland	Aug 3 – Aug 20, Mon, Wed, Thurs	July 24	July 31 10:00 - noon

NOTE: If there are not enough students per class, the site manager may reschedule and will notify participants of class changes.

## LESSON FEES

To register online, go to our web site (follow instruction once there):

<http://www.stpaul.gov/parks>

If you wish to register through the mail, complete and detach the registration form included in this brochure. Mail registration must be postmarked TWO WEEKS in advance of the first day of classes. Payment must accompany registration. If paying by check, make checks payable to: **City of Saint Paul Parks and Recreation**

**Refund policy:** All refunds will be reduced by a \$10 administrative fee, regardless of the cost of the original registration. A copy of the refund policy may be view at:

<http://www.stpaul.gov/index.asp?NID=2030>

**To register, please follow these easy steps:**

1. Locate the desired class from the skill level page.
2. Turn to the desired pool and check calendar for session number and time.
3. If registering by mail, complete and send enclosed registration form. If registering on-site, bring completed registration form. If registering via email, visit:  
  
<http://www.stpaul.gov/parks>
4. Make sure your method of registration meets our session deadline, noted on this page.

### Did you know?

- Admissions fees are required for anyone entering the pool area.
- Children that are not toilet trained must wear plastic pants under their bathing suits or swim diapers (waterproof little swimmers), which may be purchased at the pools.
- Our lifeguards are highly trained and qualified. Please adhere to their instructions at all times.
- Flotation devices are allowed in our wading pools if approved by the lifeguard.
- Properly fitting, U.S. Coast Guard approved life jackets are allowed at all pools and Phalen Park Beach (in shallow water only). Children must be accompanied by an adult at all times.
- Lockers are available at Highland Park Aquatic Center and Great River Water Park. Bring your own lock and please leave valuables at home.

FEE:				
Swim Lessons	On-Line Registration:		\$55	
	On-site & Mail-In Registration:		\$60	
	On-site & Mail-In Registration:	Private Lessons	\$30	(½ hr, any age); Contact Facility Supervisor
Developmental Swim Team	Online Registration:	Session A:	\$32	
		Session B:	\$49	
		Session C:	\$32	
Junior Lifeguard	Registration:	Session 1 or 3	FREE	In exchange for 20 volunteer hours at Highland Park Aquatic Center and Great River Water Park.



## Developmental Swim Team

*The City of Saint Paul is again having an introductory competitive swim program at Highland Park Aquatic Center, geared to swimmers ages 7 to 18 years. The program has a dual purpose:*

- A chance for younger children to learn more about competitive swimming
- Act as a stepping-stone into competitive school swim teams and/or to maintain skills during the off season

We believe that this program is an excellent introduction to competitive swimming. Our program will be coached and managed by STAR Swim Club, a local competitive swim club with a national reputation for producing Olympic-caliber swimmers.

The Swim Team program gives more experienced swimmers more opportunities to develop their skills in a structured but fun environment.



## Swim Lesson Information

*Minnesota is the land of 10,000 lakes, and that means knowing how to be safe in and around the water is essential. With qualified instructors, our swimming lessons are fun and teach participants how to safely swim at all skill levels. Participants in our lessons are grouped by ability. Please see the Skill Level Descriptions.*

- Unless otherwise noted, lessons start on the hour and last 50 minutes.
- There are 8 classes per session. In the event of inclement weather, make-up days will be held if necessary on Friday. You'll be notified of the change.
- Children with disabilities are encouraged to participate in our lesson program. Call the Adaptive Recreation Office 651-793-6635 – TTY 651-266-6378. Please contact us two weeks prior to mail-in deadline for the session.
- Private Lessons – Great River Water Park and Highland Park Aquatic Center offer individual or group private lessons. Contact the pool for more information.
- Beginning Springboard Diving Classes at Highland Park Aquatic Center only (classes start at 10 am and 11 am).

## Skill Level Descriptions



### Fin Buddies (6 months up to 3 years)

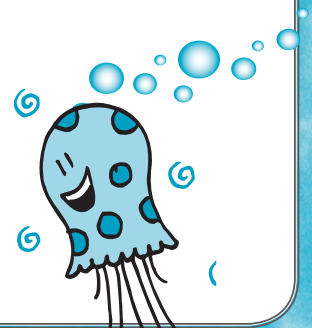
An adult must accompany the child. Adults and instructors work together to develop the child's comfort in the water. Adults learn basic safety practices for working with children in and around water. Adults and children will learn water adjustment and basic skills.



### Jellyfish – Water Exploration (Ages 3 up to 5)

*Offers swimmers the first opportunity to learn basic water exploration skills without a parent. Swimmers will learn:*

- To feel comfortable in the water and enjoy the water
- Supported float on front / back
- Supported kicking on the front / back
- Basic water safety skills
- Water adjustment
- Fully submerge face 3 seconds





## Skill Level Descriptions (continued)

### Sunfish – Primary Skills

The objective is to give swimmers success with fundamental skills. Swimmers must be comfortable in the water without a parent and have completed Jellyfish or have equivalent skills. Swimmers will learn:

- Supported floats on front / back
- Introduction to front & back crawl
- Supported combined stroke on front / back using kicks and alternating arm action, 5 yds
- Float and glide on front / back
- Supported deep water orientation
- To retrieve objects under water



### Moonfish–Advanced Primary Skills

Give swimmers more success with fundamental skills learned from Sunfish level above.

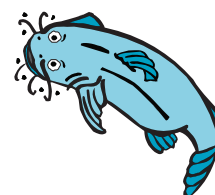
- Rhythmic breathing skills
- Unsupported floats on front / back
- Unsupported combined stroke on front / back using kicks and alternating arm action, 5 yds
- Supported deep water orientation
- Elementary backstroke introduced



### Catfish–Stroke Readiness

Builds on skills by coordinating strokes and increasing endurance. Swimmers must have completed Moonfish or have equivalent skills. Swimmers will learn:

- Coordinate front crawl, 15 yards
- Elementary backstroke, 10 yards
- Treading water, 30 seconds
- Coordinate back crawl, 15 yards
- Introduction to diving from side of pool
- Whip kick introduced



### Parrotfish – Stroke Development

Develops endurance in strokes learned and introduces the breaststroke and sidestroke. Swimmers must have completed Catfish or have equivalent skills. Swimmers will learn:

- Front / back crawl, 50 yards
- Breaststroke introduction
- Breaststroke kick, 25 yards
- Elementary backstroke, 25 yards
- Sidestroke introduction
- Scissors kick, 10 yards
- Treading water, 90 sec.

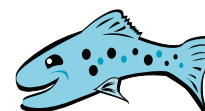


### Rainbow Trout – Stroke Refinement

Refines coordination and increases endurance of key strokes. Butterfly is introduced.

Swimmers must have completed Parrotfish or have equivalent skills. Swimmers will learn:

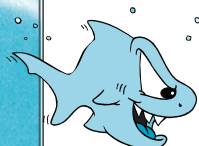
- Front / back crawl, 75 yards
- Elementary backstroke, 50 yards
- Sidestroke, 25 yards
- Breaststroke, 50 yards
- Butterfly introduced
- Beginning diving from board
- Treading water, 3 min.



### Tigerfish – Skill Proficiency

Polish strokes so swimmers swim them with more ease, efficiency, power and smoothness over greater distances. Swimmers will learn:

- Front crawl, 100 yards
- Breaststroke, 75 yards
- Tread water, 5 minutes
- Back crawl, 100 yards
- Sidestroke, 50 yards
- Recover 10 lb. brick from deep end



### Beginning Springboard Diving (must have at least Parrotfish swimming skills)

Divers will learn:

- Safety on the diving board
- Basic front / back dives
- Upon ability front / back flips and spins
- Four step approach
- Intro to tuck and pike positions

### Swim Team (ages 7 up to 18)

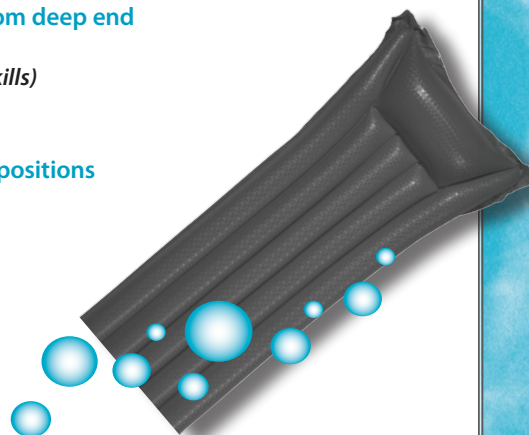
Experienced swimmers. Low-key competitive swim program:

- Offers a time for younger children to learn about competitive swimming
- Acts as stepping-stone into competitive school swim teams
- Helps to maintain skills during the off-season

### Junior Lifeguard Program (ages 10 up to 15)

Promotes water safety and junior lifeguarding. Participants will gain valuable first hand experience and learn:

- To enforce pool rules and regulations
- Use of safety equipment
- Facility cleanliness and operation
- Scanning
- Emergency action plans





# PHALEN PARK BEACH

1400 Phalen Drive • Located in Phalen Park, north of Wheelock Pkwy. • 651-776-9833

Open pre-season on the following weekends:  
May 23–25, May 30–31, and June 6–7  
(12 noon to 7:30 p.m.)

Open daily June 10 – August 23  
(12 noon to 7:30 p.m.)



## PHALEN PARK LAKESIDE ACTIVITY CENTER

1530 Phalen Drive • Located in Phalen Park, north of Wheelock Pkwy. • 651-771-7507

### Children's Lake Phalen Outdoor Adventure Day Camp

(Ages: 8 up to 14)

Participants in this enjoyable program learn boating safety and on-water canoeing and kayaking techniques with recreational activities including paddleboating, swimming at Phalen Park Beach, sail boards, and archery. In the event of inclement weather, indoor recreational games and movies are provided. Come join us for lots of fun. Daily instruction and supervision is provided by the Saint Paul Division of Parks and Recreation camp staff. Life guards are on duty daily at the beach.

#### Location

Most activities for the Canoe Day Camp will take place at the Phalen Park Lakeside Activities Center located at 1530 Phalen Drive in Phalen Park.

#### Directions

Phalen Park is located northeast of downtown Saint Paul (from I-35E, take the Wheelock Parkway exit east to Phalen Drive).

#### Before and After Camp Care

A child care program is available for early arrivals and late pick-ups. This service is available daily at 8–9 a.m. and 3–6 p.m. for a fee of \$4.00 per hour. Call 651-771-7507 and ask for aquatics for more information.

#### Day Camp Sessions

- Session 1: June 15–19
- Session 2: June 22–26
- Session 3: July 6–10
- Session 4: July 13–17
- Session 5: July 20–24
- Session 6: July 27–31
- Session 7: Aug 3–7
- Session 8: Aug 10–14



#### Registration

**Please register early! Camp space is limited.** Registration is first-come, first served until all camp spaces are filled. To register online, go to our web site:

<http://www.stpaul.gov/parks>

Follow the instructions on the web site. On-site registration will be taken up to the date a session begins, space permitting.

**Time:** 9:00 a.m.–3:00 p.m. Monday through Friday

<b>Fee:</b>	Online	\$120
	On-Site or Mail-In	\$125

**Parents will receive notification confirming their child's registration.**